

PAIRS

Washington DC VA Medical Center
Practical Application of Intimate Relationship Skills



Helping Veterans Strengthen Relationships

Through PAIRS, the Washington DC VA Medical Center seeks to teach and reinforce positive attitudes, emotional understanding and behaviors that nurture and sustain healthy relationships and loving families.

Any Veteran who is or was Active Duty Military, National Guard, or Reservist and their partner are invited to attend an all-expenses paid 16-hour weekend couples training retreat. PAIRS is designed to develop skills to improve relationships.

Retreat Dates

June 28 – 30, 2013
July 26 – 28, 2013
November 15 – 17, 2013
January 31 – February 2, 2014
February 28 – March 2, 2014

Military service can present challenges in marriages including financial, long separation, multiple deployments, injury and illness. These challenges can add stress to family and relationships.

PAIRS will help you learn tools to:

- Promote effective communication
- Strengthen connection and confidence
- Positively effect decision making
- Empower conflict resolution
- Enhance trust and commitment

All-Expenses Paid

Hyatt Arlington
1325 Wilson Blvd
Arlington, Virginia 22209

Special Guest

Michael Dorsey,
Motivational Speaker

Former Top Contestant
NBC TV Show
"The Biggest Loser"

Sept. 13 – 15, 2013
Oct. 18 – 20, 2013



Contact:

Chaplain Clarence Cross, Jr.,
Chief, VA Chaplain Service at
202-745-8143 or 202-745-8140